

In this activity you will choose an aspect of diet to do some research on.

- 1 First you need to frame your question for the research. You can choose from the following topics:

**Obesity    Vegetarianism    Balanced diet    Slimming**

Decide what aspect of your chosen topic you will investigate and write it down as a question. You can choose one of the questions below, or make up your own:

Why do people become obese?

Why are people vegetarian?

How can vegetarian people get a balanced diet?

How does lifestyle affect a person's balanced diet?

Do people who are slimming get a balanced diet?

What happens if you slim too much?

- 2 Decide where you are going to do your research. Think about which search engines and websites you are going to use. Go to the library, and find out which books would be good sources of information.
- 3 You are going to present your information to the class as a PowerPoint presentation or as a health education leaflet. Begin your research by finding out some general information about your chosen topic, explaining, for example 'What is obesity?'. Use this information to write the introduction.
- 4 For the main part of your leaflet or presentation, you then need to include the information required to answer your original question.

Use the sub-headings below to help with your leaflet or presentation.

Choose which topic you are going to research and use the questions to help you research and organise the information.

## **Obesity**

What is it?

Why is it a problem?

What causes it?

How can you avoid it?

## **Slimming**

What is it and why do people do it?

How can you do it safely and successfully?

Why can it be dangerous?

## **Balanced diet**

What is it?

Why is it important?

What must you eat to get a balanced diet?

Why is it easy not to eat a balanced diet?

## **Vegetarianism**

What is it?

Why are people vegetarian?

How can vegetarians eat a balanced diet?